



Goal Setting Worksheet

Let's start here – the purpose of this entire process is to come away with achievable goals that are broken down into milestones that will help us find the path forward, thus greatly increasing our success.

We all want great results and that starts with investing as little as 5 minutes up front to make sure we set the correct course.

Goal: Write down your goal here. Why is this important to you? What benefits will it give you? Be specific about the goal and its benefits to you.

Milestones: To help you get to your goal you need specific steps along the way. These are “sub goals” that are measurable or actionable items that are needed in order to accomplish your main goal. There are 3 listed below, but you may need more or less.

1. _____
2. _____
3. _____

Note: I encourage you to print this out and write down your goal and milestones by hand. Or copy and paste into a notepad document and do the same – take 5 minutes to do this exercise and you'll start seeing real results.

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